

# Fight Germs and Stay Healthy

**If you have a cold or flu:**

**Avoid close contact when possible**

- ▶ Germs are transmitted by sneezing, coughing and even while speaking

**Cover your cough or sneeze**

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- ▶ Throw used tissue in the trash

**Wash your hands often**

- ▶ Always wash your hands before eating and after using the latrine
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

**Avoid touching your eyes, nose or mouth**

- ▶ Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth



<http://usachppm.apgea.army.mil>

TA-033-0806

